

# Absecon Community Center for Seniors

Great Hall \* UMC ~ 100 Pitney Road ~ Absecon, NJ 08201

Phone: (609) 645-0013 E-mail: seniorcenterumc@comcast.net



## SEPTEMBER 2015




**\*IMPORTANT:** EVERYONE is considered a NEW CLIENT at the start of the new year. Therefore, EVERYONE must complete the brief "**Client Information Sheet for 2015**". Forms can be picked up at and returned to the front desk when completed. It is required by Atlantic County for us to keep updated info on file for all our clients. Failure to do so could result in our loss of funding.

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1 (t): **Bingo (10am)** ~ Sponsored by: **DePaul Healthcare**  
(Brief presentation 10am with Bingo to follow) Cards & games also available, before & after presentation

3 (th): **Nutrition Trivia: Fact or Fiction (10am)** Sponsored by "**Right at Home**"  
Cards & games also available, before & after presentation

8 (t): "**The Carol Burnett Show**" with Carol, Harvey, Tim, Vicki & Lyle (10am)  DVD  
(Cards & games available, in Great Hall)

10 (th): **Bacharach Rehabilitation: Balance Therapy & Sub-Acute Care (10:15-11:15am)**  
Cards & games also available, before & after presentation

15 (t): **Bingo (10am)** ~ Sponsored by: **Touching Hearts at Home:**  
(Brief presentation 10am with Bingo to follow) Cards & games also available, before & after presentation

17(th): Celebrate  **& September Birthdays**  at 10:15am with the music of "**Don Krack**"  
Cards & games available, before & after Entertainment

22 (t): **Rummikub Tournament ! (10:15am)** Sign up in advance at the front desk to avoid confusion and delays on Tournament day. Cards and games also available in the Great Hall.



24 (th): "**FREE Penny Auction**" (10:15-11:15am) sponsored by Heartland Hospice  
Cards and games also available in the Great Hall.

29 (t): **Royal Suites ~ Maintaining a "Normal" Healthy Blood Pressure ~** (BP screenings will follow)  
(10-11:30am) Cards & games also available, before & after presentation

Oct 1 (th): Fun For All: **BINGO (10:15-11:15am)** Scrabble, Rummikube, Cards & Games & more ....

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 **ZUMBA CHAIR** (seated cardio workout) with **Kymbah** every Tuesday, starting Sept. 8<sup>th</sup> (9-10am)

Continue Gary & Natalie's **Tai Chi** class with their  "**Easy For Life**" DVD : every Thurs. 9-10am  
 **Walk Your Way to Health** (tape) ~ every Thurs. 9-10am

**Fit Body ~ Fit Mind** Chair Yoga with Naida meets every Thurs. 12:30-1:30pm 

All Fitness Activities Are **FREE** To Our Seniors!

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**Lunch** is served after the day's program. A donation of \$2.50 is requested to help defray the cost

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**The Absecon Community Center for Seniors** is funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County; the Citizens of Absecon; Absecon City Council; the Absecon Library; the Irene C. Brown Hurd-Price Foundation of the United Methodist Church of Absecon; and therefore is **open to all Atlantic County senior citizens (age 60+)**. Donations to the program are welcome, and will be used to enhance and expand existing services. **Transportation available for Absecon residents.**